



Navy Surgeon General's Health Promotion and Wellness Award Blue H

The Blue H - Navy Surgeon General's Health Promotion and Wellness Award, encourages and rewards the promotion of health in Navy and Marine Corps organizations. This annual award is available at three levels – Bronze Anchor, Silver Eagle and Gold Star.

The Blue H is managed by the Navy and Marine Corps Public Health Center on behalf of the Navy Surgeon General IAW BUMEDINST 6110.13A, *Naval Medical Department Health Promotion Program*.

All Navy commands and USMC Semper Fit Centers are eligible.

There are three versions of the award - Fleet, Medical and Semper Fit Center.

The **Fleet** version is used by all non-medical Navy commands, ship, shore, active duty and reserve. This version recognizes excellence in workplace primary prevention policies, activities and outcomes.

The **Medical** version is used by active duty medical treatment facilities and recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations.

The **Semper Fit** Center version recognizes excellence in community-level primary prevention conducted for USMC populations.

Some of the health topics assessed include **alcohol and drug abuse prevention; injury prevention; nutrition; physical fitness; sexual health; psychological health like stress management and suicide prevention; tobacco cessation; and weight management.**

The Blue H incorporates workplace-level information about the state of crew health from the **Fleet and Marine Corps Health Risk Assessment** tool, available in web-based and stand-alone versions.

Winning commands, each of which receive a pennant and annual streamer, are announced via GENADMIN message from the Navy Surgeon General and are recognized at the NMCPHC Public Health Conference held in March of each year.

Submissions for the current calendar year are due to NMCPHC not later than 1 February of the following year.

Quantifiable and specific, the award criteria provide clear direction for building and strengthening a well-rounded Health Promotion Program.

Blue H data may be sorted by TYCOM, analyzed to determine health trends, measure return on investment and focus future health promotion efforts.

See the Blue H website for details:

http://www.nmcpHC.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx

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